



Vegetable of the Week:

Corn

Healthy Recipe Idea: Black Bean and Corn Soup

Ingredients

- 1 (15oz) can black beans, drained and rinsed
- 1 (14-1/2 oz) can low sodium Mexican stewed tomatoes, with juice
- 1 (14-1/2 oz) can low sodium diced tomatoes, with juice
- 11 oz can whole kernel corn, drained
- 4 green onions, sliced (discard top 1-2 inches and roots.)
- 1 small green bell pepper, sliced
- 4 ribs celery, diced
- 3 Tbsp chili powder
- 1 tsp ground cumin
- 1 garlic clove, minced



Directions

Combine all ingredients in slow cooker. Cover and cook on HIGH for 5-6 hours.

How do I slice my green pepper?

Choose firm, smooth, brightly colored peppers that are heavy for their size. Do not choose dull or wrinkled peppers, or peppers with soft spots. Rinse pepper well under cold water. Use a small knife to cut around the stem and between ridges into halves or thirds. Gently pull pieces apart. Discard the stem. Use the knife to scrape seeds and white portion out of the inside of the pepper and discard. Slice remaining pepper into strips or bite size pieces.